Your First Day At Work

How to Start a New Job With Confidence When You Make a Change

The first day at a new job brings a mix of excitement and nerves. You want to make a good impression, learn the ropes and start building strong relationships — but without feeling overwhelmed. With a little preparation, you can walk in feeling confident and ready to succeed.

DO YOUR HOMEWORK

Before you arrive, revisit the basics. Review the company's mission, recent news, your job description and the names of your new team members if you have them. Make sure you know the logistics: what time to arrive, where to go, who to ask for and what to bring.

If you haven't already, confirm details with your new manager or HR contact. Double-check your tech setup if you're starting remotely. Knowing what to expect helps calm nerves and shows you're taking the opportunity seriously.

START WITH A POSITIVE MINDSET

You won't master everything on day one, and that's OK. Focus on being open, observant and engaged. Introduce yourself with a smile, ask thoughtful questions and take notes when you can. People understand that new employees are learning — your attitude matters more than your performance on day one.

Try to remember names, but don't stress if it takes time. Showing genuine interest in your coworkers and their roles helps build rapport early.

SET YOURSELF UP FOR A STRONG START

Ask about expectations for your first week. Knowing what's most important to your manager can help you prioritize and avoid feeling pulled in too many directions.

If you're given downtime, use it wisely — read company materials or get familiar with the team structure. These small steps show initiative and help you feel more in control.

Your first day sets the tone, but it doesn't define your whole job. Be yourself, stay curious and give yourself grace as you adjust. You've already landed the role — now it's time to grow into it.